

The Blue Horizon

E Kokua Pakahi Kakou

October 2002

ISC Honolulu Work-Life Newsletter

Volume 10 Issue 10

Mahalo nui loa to All For Making This Year's Aloha Resource Fair a Joyful Success, With Over 200 Participants!



Back Row, L-R: Owen Norton, LCDR Daniel McKay, Shirley Caban, Mary Mansfield, Jeri Couthen, BM2 Heidi Funkhouser, LCDR Walt Wrzesniewski,
Front Row, L-R: John Lovingood, Faye Garan, Bungie, Jessica Dung, SA Matt Thomason
Missing: Monica McBrady, Lavelle Lovingood, SA Gregory May, Elaine Manzano



Mission Statement: **Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.**

Internal Roadblocks

Submitted by
Jessica R. Dung

The ISC Honolulu Work-Life Health Promotion Program Manager is responsible for the development and management of the regional wellness program. She educates and encourages all members of the Coast Guard family to improve their health and wellbeing through a voluntary adoption of a healthier lifestyle.

You want to exercise regularly, but you keep encountering roadblocks--those persuasive excuses you come up with for not sticking to your plan--to make exercise a part of your life. I have taken the following excerpts from Sherri McMillan, MS, co-owner of Northwest Personal Training & Fitness Education in Vancouver, Washington, and 1998 IDEA Personal Trainer of the Year.

Excuse #1: *I don't have enough time.* A perceived lack of time is a common excuse for not exercising. When life gets hectic, exercise is usually the first thing to go. It's easy to convince yourself that the morning jog can wait until lunchtime or after dinner, and then tomorrow!

Solution: Commitments, responsibilities and the demands of work, family and social life are always going to be there. You can choose to prioritize exercise now--or you can wait until you are forced to make it a priority. Unless you take care of yourself today, one day you may find yourself unable to take care of our business, family or any of your other interests. Research has shown that people who exercise are not only healthier but also more productive. Even just 10-30 minutes a day of exercise, if done consistently, can provide health benefits. How about scheduling 30-minute appointments with yourself in your day planner?

Excuse #2: *I have no energy.* When you have had a long day at work, it's tempting to want to go home, sit down on the couch (or your favorite green Lay-z-boy) and "zone out" in front of the television.

Solution: Schedule your workout for a different time. Get up 45 minutes earlier and go for a walk. Or keep your fitness gear in the car and go straight to the gym on the way home. It may be a good idea to schedule workouts with a friend--you won't want to disappoint your buddy by not showing up. Know too that exercise gives you more energy!

Excuse #3: *I hate exercise.* Exercise can seem like a chore if the activity you've chosen doesn't appeal to you.

Solution: If you can discover a type of exercise you enjoy and stick to it, eventually you will find you need

exercise--physically and mentally. What activities have you tried? Do you like hiking or walking with friends? Do you ever use headphones and listen to music while you workout?

Excuse #4: *I can't see any results.* You've been exercising religiously for five weeks and you haven't lost any weight. You give up because you're frustrated.

Solution: Stay off the scale! Weight is not an accurate way of measuring your progress. Think about the progress you have made. Maybe you can walk 20 minutes longer or lift heavier weight than you could in the beginning. You are making progress, even though you may not see it on the scale.

Excuse #5: *I'll never be perfect.* You have an all-or-nothing attitude. You think it's not worth exercising because your body will never be perfect. Or you plan to work out for an hour and when something comes up that keeps you from getting to the gym for that amount of time, you skip the workout.

Solution: When it comes to exercise, any activity is better than none. Sometimes, striving for perfection is what leads to failure. Focus on how your body feels, not how it looks. The trick in trying to stick to a long-term plan is learning to compromise. If you don't have a full hour, try going for 15 - 30 minutes.

Excuse #6: *I feel deprived.* The chocolate cake staring you in the face is too great a temptation to resist in exchange for potential weight loss down the road. You eat three pieces and feel too bloated to exercise. You feel deprived if you have to resist high fat foods or give up other activities to fit exercise into your schedule.

Solution: Imagine that each time you work out or refrain from overeating, you are not depriving yourself, but actually giving yourself something--spiritually, emotionally, and physically.

For additional help, see your Unit's Health Promotion Coordinator (UHPC), or call your Health Promotion Manager, Jessica Dung at 541-1583



A L O H A R E S O U R C E F A I R 2 0 0 2



The eighth annual Aloha Resource Fair was held on 12 September 2002 at the Red Hill Community Center. Sponsored by ISC Work-Life, MWR, and Galley staffs, as well as the Sand Island Coast Guard Exchange, it offered residents and individuals who've recently transferred to our AOR the following:

- ❖ **A chance to meet new people**
- ❖ **Discover employment and educational opportunities**
- ❖ **Talk with our Chaplain and Command Ombudsman**
- ❖ **Learn about healthcare and Tricare Prime, child and elder care, travel to CONUS Space-A, Legal Advice, Stress Management, Nutrition, Fitness, Hurricane/Tsunami Preparedness, Local Scouting Programs, and much, much more...**

Children, parents, and the “young-at-heart” were thrilled with the talents of Bungie, the Clown, who entertained fun-seekers on the lanai. A joyful “returnee” to the fair, she provided face-painting, balloon creations, fun & a safe environment for keiki as parents browsed the resource tables. In addition, she offered invaluable support to the Work-Life staff after the fair, gifting each staff member with a balloon hat, er, “creation” to celebrate the event (cover photo).

Attendees were also delighted with special demonstrations at the new Pavilion beside the Country Store. Students of the Hawai'i Okinawa Karate Do Shudokan, under the direction of Sensei Elizabeth Patton Bunch, impressed audiences with artful individual and group “kata”. The talented girls and beautiful women of Halau Hula `Okana Kapeka, under the leadership of Kumu Hula Dana Lau Henderson, shared their aloha through lively music and graceful dance.

Galley staff, under the leadership of FSC Dickey, provided refreshments. Attendees sampled refreshing delights such as ham and turkey sandwich wraps, fresh veggie and fruit trays, “ono” chocolate and oatmeal raisin cookies, pretzels and dip.

Sponsors, presenters, and entertainers were pleased to meet with over 200 attendees. Attendees included an even split between newcomers and those who returning for more of a good thing. Sponsors work diligently to improve the Fair each year. Your comments and suggestions are welcome and much appreciated. The following comments were found amidst several invaluable critique sheets:

- ❖ **“...God's gift to my family. We spent a fun evening together in a joint environment.”**
- ❖ **“Great family event - the food was very good and the entertainment was fantastic!**

Community resources



**D14 Legal Assistance Attorney Belinda Alcantara
Confers with LCDR Walt Wrzesniewski and Jeri
Couthen on Program Elements**



**Jeri Couthen takes a moment to visit with
Clement and SRA Oncale at the "Space A"
Table**



**Shirley Caban, Transition & Relocations Program
Manager, welcomes attendees to her Joint
Employment Managements System (JEMS)
Presentation.**



**CAPT Conklin and LCDR Wrzesniewski
Graciously smile for the camera...**



**PO2 Gretchen Drumm & daughter Ceynor warmly
greeted visitors to our CG Force, Optimization &
Training table**



B u n g i e t h e c l o w n



Cara McSweeney, 22 months old, happily watches As Bungie “pretties up” her arm...



“Fun task, Bungie – make me even cuter!”



Children and adults thronged to the Lanai to watch Bungie create whimsical balloon animals, hats, swords, And more...



A happy camper displays Bungie’s artwork while munching on an “ono” chocolate cookie...

d e l i c i o u s r e f r e s h m e n t s



Attendees freely helped themselves to treats at the refreshment table. The Galley staff outdid themselves with the yummy sandwich wraps, fruit & veggie trays, and “ono” cookies (3 kinds – count ‘em!)

Special demonstrations



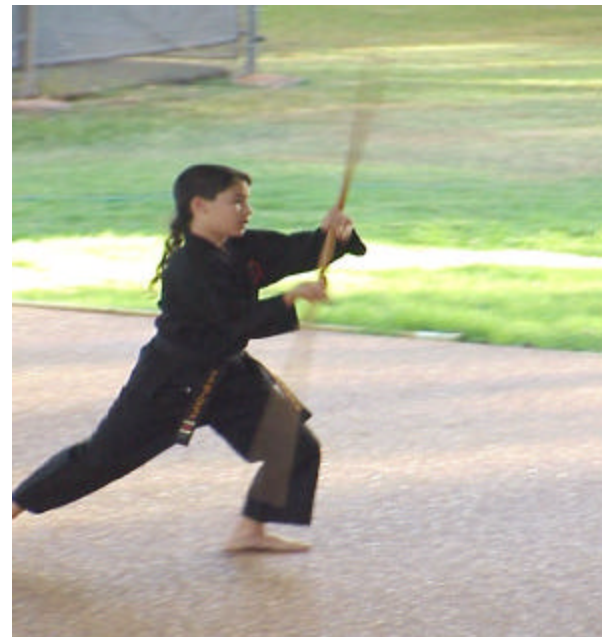
Spirited students of the Hawai'i Okinawa Karate Do Shudokan with Sensei Elizabeth Patton Bunch (Back Row, Third from Left)



Graceful students of Halau Hula 'Okana Kapeka under the direction of Kumu Hula Dana Lau Henderson (Third Row, Far Right)



Kaitlin Santos, 5 years old



Mark Porvaznik, 12 years old



The young ladies of Halau Hula 'Okana Kapeka impressed the audience with beauty, grace, and oh-so-much aloha...

HONOLULU-PACIFIC FEDERAL EXECUTIVE BOARD ONE-DAY RETIREMENT SEMINARS

DATE/TIME/PLACE:

CSRS Sessions:

- υ October 22, 2002, 8:00 am – 4:30 pm, Tripler Army Medical Center, Kyser Auditorium*
- υ October 24, 2002, 7:30 am – 4:00 pm, Pearl Harbor Naval Shipyard, Building 2, Auditorium**
- υ October 25, 2002, 7:30 am – 4:00 pm, Pearl Harbor Naval Shipyard, Building 2, Auditorium**

FERS Session:

- υ October 23, 2002, 8:00 am – 4:30 pm, Tripler Army Medical Center, Kyser Auditorium

*Non-DOD employees will be given priority at the October 22 session.

**The FEB will not make special arrangements for access to Pearl Harbor. Employees attending the sessions at the Shipyard must make their own arrangements for entry to the base.

VENDOR: Retirement Plus, Inc., Overland Park, Kansas
(www.retirementplusinc.com)

ELIGIBILITY: Appropriate for mid-career employees (minimum of 10 years of service)

TOPICS: Health insurance, long term care, disability benefits, government annuity payments, investment strategies, estate planning, cash management and tax planning

COST: \$60 per person \$20 for spouse if sharing material

PAYMENT: Cash/Check (Make checks payable to Federal Executive Board)
Government Voucher (DD 1556, SF 182, etc.)
Credit Card (MasterCard and VISA accepted)
Other

REGISTRATION: Fax (808-541-3429) or email (hpfebgar@aloha.net) the attached registration form to FEB office by September 30, 2002.

CONFIRMATION: Nominations will not be confirmed. Unless notified otherwise, employees are to consider their nominations confirmed and plan to attend the sessions they signed up for.

PARKING: For sessions at Tripler Army Medical Center, park in the general parking lot in the front (makai) of the hospital.
For sessions at Pearl Harbor Naval Shipyard, park in the general parking lot on Central Avenue near the auditorium.

CANCELLATION: Refunds/cancellations will be permitted through October 7. After that date, registrations must be honored by the individual or agency involved. Substitute attendees are authorized and encouraged.

ADDITIONAL INFORMATION: Contact the FEB office by telephone at 541-2637 or email hpfebgar@aloha.net.

9/3/02

**HONOLULU-PACIFIC FEDERAL EXECUTIVE BOARD
ONE-DAY RETIREMENT SEMINARS
REGISTRATION FORM**

Check the session registering for:

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☐ Government Voucher (DD 1556, SF 182, etc.)

☐ Credit Card (MasterCard and VISA accepted)

Credit Card Number:

Expiration Date:

Name on Credit Card:

Signature of Card Holder:

Fax number to fax credit card receipt:

☐ Other

NOMINEE INFORMATION:

Name:

Agency:

Email:

Telephone:

Fax:

NOTE: If registering more than one employee, please attach a list with the employees' names and requested information.

Fax (541-3429) or email (hpfebgar@aloha.net) registration form to the FEB by
September 30, 2002

Clean Movies and Your Children

By
Ms. Mary Mansfield

The Family Resource Specialist (FRS), provides direct and referral services in the areas of childcare, elder care, scholarships for dependents, special needs, and adoption reimbursement.

Kids love dinosaurs, but that doesn't mean every parent feels comfortable letting their child watch *Jurassic Park*. The outhouse scene alone--where the lawyer is snatched off a toilet seat and eaten--is enough to give young children nightmares.

But what if there was a kid-friendly version of *Jurassic Park*? One without all the dinos munching so graphically?

Some companies are offering alternatives due to a great deal of concern by parents. *Clean Flicks* and *Clean Cut Cinema* are two companies selling family-friendly edited versions of popular movies.

John Dixon, president of *CleanFlicks*, says, "We take out the swear words and any mention of a deity. We take out the blood and guts. We've done about 400 movies so parents can watch great Hollywood movies without all the swearing."

Hollywood has long been promoting its own movie-rating system as a tactic to address the same issue. But their G, PG, PG-13, R, and NC-17 labels can raise as many questions as they answer. For instance, the recent hit movie *The Sum of All Fears* was rated PG-13. Are 13 year olds generally ready for this tale of nuclear terrorism and its moderate levels of sex and profanity? Some parents would say yes, and others would say no.

For its part, *CleanFlicks* edits movies, removing all sex, nudity, and profanity. The characters swear, but the background sounds swallow up their words. Movies are also edited for violence, with excessive gore deleted. The result? PG-13 movies are actually appropriate for 13 year olds.

Both *CleanFlicks* and the movie-ratings sites are capitalizing on a trend, spurred on by ever mounting research that says kids and violence don't always mix. Psychologists say that children who are exposed to excessive violence are often more violent themselves. YOUNG children fare worst of all because those under age 7 often have trouble distinguishing between fantasy and reality.

Robert DuRant, Ph.D., a pediatrics researcher at Wake Forest University in Winston-Salem, North Carolina, states, "**The scientific evidence is absolutely clear: What children watch on TV and the movies can have an effect on their behaviors and attitudes and what they think is normal and acceptable.**"

Dr. David Walsh, president of the National Institute on Media and the Family, points out that at the very least, children who watch scary or violent movies may suffer from "Mean World Syndrome", a condition that makes children look at the world as an unfriendly place. Movies normalize violence and then that's the way children see the world. They expect people to act the way the characters do on the screen.

Experts advise that a parent's first and best option for protecting their kids is sitting down and watching movies together. It's very important from an early age to talk about what's in the media and what it means to you as a family. When parents see characters doing things on the screen that go against their family's values, parents need to step up and explain why they object to a particular action.

If parents are really committed to their decisions, their wishes should be discussed with family members, friends, and other parents, who often undermine such decisions by taking the kids to movies that parents have already vetoed.

Of course, not every movie that contains sex or violence is going to hurt kids. There are some movies, such as *Schindler's List* and *Pearl Harbor* that use adult images to tell important stories.

"Not all violence is bad. You can't tell some stories without depicting violence," says Dr. Walsh.

"The Revolutionary War was a violent thing, but there's a difference between a depiction of that and a shoot-'em-up movie."

Ultimately, getting the movies right is a job that rests with parents. It's very important not to let the media serve as a parent, letting it teach without the real parent being there--no matter what the child's age. For more info on *CleanFlicks*, go to www.cleanflicks.com.

Chaplain's Corner

By
LCDR Daniel E. McKay, CHC, USNR

One of the best programs offered to Sea Service personnel (both military and civilian) and their family members is CREDO—Chaplains Religious Enrichment Development Operation. CREDO is funded and operated through the U. S. Navy's Chief of Chaplains Office. Its objective is simple: to provide a safe, supportive, and encouraging environment for individuals desiring a healthier, more satisfying relationship with God, self, and others. All CREDO programs are free to participants, with lodging and meals provided.

CREDO's most popular program is the Personal Growth Retreat (PGR). A 72-hour retreat, it affords individuals an opportunity to get away from everything and everyone in order to reflect on where they have been, where they are, and where they would like to go. Participants come away with a better understanding of their personhood and life's journey, along with some realistic and reachable goals. Several have shared that the PGR literally turned their life around, toward a more positive direction.

A close second to the PGR, in terms of popularity and success, is the Marriage Enrichment Retreat (MER). A 48-hour retreat, it enables strong marriages to become even stronger. Its focus is helping couples gain a better appreciation for one another's personality strengths and building more effective communication patterns and skills. Many couples have reported a greater depth of intimacy and overall sense of satisfaction with their marriage as a result of the MER experience.

CREDO also offers programs to improve a unit's work environment and/or team effectiveness. Through "Defuse" (a one day program offered on site for ship or shore units) and "Team Building Workshop" (one or two day

format) CREDO has helped units reach new heights of team cohesiveness and productivity.

For more information about these or any of the other outstanding CREDO programs, visit their web site or give them a call:

www.hawaii.navy.mil/NewHomepage/Chapel/credo/

Phone: (808) 257-1941

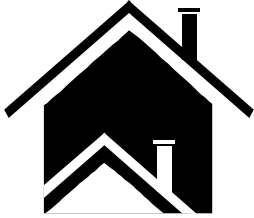
Religious Faith and USCG History Calendar:

01 Oct 1996	Largest USCG counter-narcotics operation in history begins: Operation Frontier Shield
04 Oct 2002	St. Francis Day (Catholic) Lailat al Miraj & Israa' (Islam)
05 Oct 1938	Beginning of the USCG Reserve
06 Oct 2002	World Communion Sunday (Christian)
09 Oct 1852	The Lighthouse Board begins service
09 Oct 1945	PC-590 sank during typhoon off Okinawa
10 Oct 1798	U. S. Navy and U. S. Revenue Cutters ordered by Secretary Stoddard to collect customs
13 Oct 1988	First U. S. Merchant Marine WWII veterans receive their Coast Guard discharge certificates
13 Oct 1995	First of 175-foot Keeper Class buoy tenders launched: USCGC IDA LEWIS
14 Oct 2002	Columbus Day
15 Oct 1944	German trawler EXTERSTINE captured by USCGCs EASTWIND and SOUTHWIND in East Greenland
16 Oct 1790	Contract entered for building first ten Revenue Cutters at Newburyport, MA.
16 Oct 1952	Merchant Marine Detail established at Yokohama, Japan as result of Korean Conflict
18 Oct 1799	USRC PICKERING captures French privateer L'EGYPTE CONQUISTE
20 Oct 1892	St. George Reef Lighthouse begins service
20 Oct 1944	Landings on Leyte, Philippine Islands
20 Oct 1950	The Magnuson Act, signed by President Truman, gave port security mission to USCG
24 Oct 2002	United Nations Day
27 Oct 2002	Reformation Sunday (Protestant Christian) Daylight Saving Time Ends
28 Oct 2002	Mulvian Bridge Day (Christian)
31 Oct 2002	All Hallows Eve (Christian)

In God's love,

Chaplain McKay

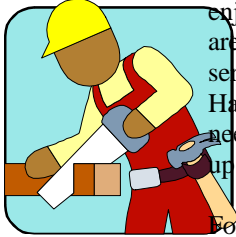
<http://www.uscg.mil/d14/chaplain/>



OAHU HOUSING CORNER OCTOBER 2002



DZS/BAKER LLC Maintenance Contractor “Tidbits”



October is Halloween time. So we would like to do our part to ensure all Trick or Treaters have a safe and enjoyable time. Please check your exterior lights at your front door, off the back of lanai and carport stall areas. Any burned out lights that cannot be repaired through self-help efforts can be called into our DZB service desk at 486-4200. We will not schedule routine appointments during the evening hours of Halloween in order to reduce vehicle activity. As always we will respond to your emergency service calls as needed. Halloween is a wonderful time for children and adults. It's the only time of the year we get to dress up in funny costumes and have fun. And the candy ain't so bad either! So let's keep it safe and “BRIGHT”!

For additional assistance, please call DZB at 486-4200 or 486-3554. You may also call our Housing Office at 831-2753/2766 for further assistance.

KEEP YOUR KIDS SAFE ON HALLOWEEN

1. Wear bright costumes, carry flashlights and/or mark darker clothes with reflective tape.
2. Wear masks that do not obstruct child's view.
3. Insure children observe safety issues while crossing roads, parking spaces, driveway entrances.
4. Drivers should be extra alert and careful that night. Be extra careful when backing out of carports, parking spaces, and driveways. Children get excited and sometimes “forget”.
5. PARENTS – WALK WITH YOUR CHILDREN! Nice time to get a little exercise and enjoy the beautiful Hawaiian nights.
6. Instruct your children to wait until they get home to eat candies. Better to be safe than sorry.

PETS AND “KOKUA” GO HAND IN HAND



For the newcomers, *Kokua* means to help, show aloha, and be neighbor-friendly, people-friendly, considerate and to have courtesy, among other things. A friendly reminder to all pet owners. While walking your dog, please carry a plastic bag to pickup after your pet. Pets are required to be on a leash at all times when outside of the house or enclosed yard. Please also remember that quiet hours are in effect from 2200 through 0700 hours. We appreciate your help and the courtesy shown to other neighbors.

UPDATING RESIDENT INFORMATION WITH THE HOUSING OFFICE

If the information on your CG-4170A, BAQ/Record of Emergency Data/Dependency Information Form, changes for any reason, such as the birth of a new child or name change, please contact the Housing Office to update the information within your housing file. We also ask that should you acquire or have firearms within your assigned government owned house, residents are advised to report it to the Housing Office. Failure to annotate the existence of firearms within your assigned government owned house may lead to disciplinary action. Other changes such as, pets, number of air conditioners, and changes in vehicles, should also be updated with the Housing Office. If you have any questions, please call housing at 831-2766/2765/2763 for further assistance.

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SUBJ: WEST NILE VIRUS INFORMATION AND PREVENTION

1. WEST NILE VIRUS IS AN EMERGING DISEASE THAT WAS FIRST SEEN IN THE UNITED STATES IN 1999. THIS YEAR, AS OF 23 AUG 02, THE VIRUS HAS CAUSED HUMAN DISEASE IN 20 STATES AND THE DISTRICT OF COLUMBIA AND HAS BEEN ISOLATED FROM ANIMALS OR MOSQUITOES IN ALL STATES EAST OF THE ROCKIES.

2. MOST PEOPLE INFECTED HAVE NO SYMPTOMS OR EXPERIENCE A MILD ILLNESS CAUSING FEVER, HEADACHE, BODY ACHES AND OFTEN A SKIN RASH AND SWOLLEN LYMPH GLANDS. MORE SERIOUS INFECTIONS CAUSE ENCEPHALITIS (INFLAMMATION OF THE BRAIN) OR MENINGITIS (INFLAMMATION OF THE LINING OF THE BRAIN AND SPINAL CORD), WITH RAPID ONSET OF HIGH FEVER, NECK STIFFNESS, STUPOR, DISORIENTATION, TREMORS, MUSCLE WEAKNESS, CONVULSIONS, PARALYSIS, COMA, AND RARELY, DEATH. PERSONS OVER 50 HAVE THE HIGHEST RISK OF SEVERE DISEASE. YOUNG CHILDREN AND THOSE WITH SUPPRESSED IMMUNE SYMPTOMS ARE ALSO MORE SUSCEPTIBLE. WEST NILE VIRUS CANNOT BE SPREAD DIRECTLY FROM PERSON TO PERSON OR ANIMAL TO PERSON.

3. THE DISEASE IS CAUSED BY THE BITE OF AN INFECTED MOSQUITO. SINCE MOSQUITOES BREED IN STANDING WATER, THE PRIMARY METHOD TO REDUCE MOSQUITO POPULATIONS IS TO REMOVE STANDING WATER AROUND HOMES AND BUILDINGS. CHECK FOR ANY ITEM OR AREA THAT CAN HOLD WATER, INCLUDING PLANTERS, FLOWERPOTS, CLOGGED GUTTERS, DISCARDED TIRES, WHEELBARROWS, ETC. REMOVE THE ITEMS, DRILL HOLES IN THEM, OR TURN THEM OVER TO PREVENT WATER ACCUMULATION. CHANGE WATER IN WADING POOLS AND BIRD BATHS EVERY 3-4 DAYS. ENCOURAGE NEIGHBORS TO TAKE THE SAME PRECAUTIONS.

4. PERSONAL PROTECTIVE MEASURES INCLUDE: STAY INDOORS AT DAWN, DUSK, AVOID AREAS WITH WEEDS, TALL GRASS OR BUSHES, WEAR LONG SLEEVED SHIRTS AND LONG PANTS WHEN OUTDOORS, SPRAY CLOTHING WITH REPELLENTS CONTAINING PERMETHRIN (NSN 6840-01-278-1336), INSTALL OR REPAIR WINDOW AND DOOR SCREENS, AND APPLY INSECT REPELLENT CONTAINING DEET (N,N-DIETHYL-META-TOLUIDE) TO EXPOSED SKIN ACCORDING TO MANUFACTURERS DIRECTIONS. REAPPLY INSECT REPELLENT AS DIRECTED BY MANUFACTURER AND AFTER SWIMMING OR HEAVY PERSPIRATION. THE MOST EFFECTIVE INSECT REPELLENT FOR ADULTS CONTAINS 35 PERCENT DEET (NSN 6840-01-284-3982). HIGHER CONCENTRATIONS AFFORD NO ADDITIONAL PROTECTION. REPELLENTS USED ON CHILDREN (AGED 2-12) SHOULD NOT CONTAIN MORE THAN 10 PERCENT DEET. REPELLENTS MAY IRRITATE THE EYES AND MOUTH, SO AVOID APPLYING REPELLENT TO THE HANDS OF CHILDREN. FOR CHILDREN UNDER THE AGE OF TWO, CONSULT YOUR PHYSICIAN. INSECT REPELLENTS ARE ALSO AVAILABLE FROM CAMPING AND DRUG STORES. ELECTROMAGNETIC AND ULTRASONIC DEVICES AND VITAMIN B ARE NOT EFFECTIVE IN PREVENTING MOSQUITO BITES. MOSQUITOES IN THE UNITED STATES ALSO TRANSMIT OTHER DISEASES SUCH AS EASTERN EQUINE ENCEPHALITIS, ST. LOUIS ENCEPHALITIS, AND DENGUE FEVER. THE PREVENTION METHODS PROVIDED WILL ALSO REDUCE EXPOSURE TO THESE DISEASES.

5. BIRDS ARE THE PRIMARY HOST OF WEST NILE VIRUS. DEAD BIRDS CAN BE AN INDICATION THAT WEST NILE VIRUS IS PRESENT IN YOUR AREA. IF YOU FIND A DEAD BIRD, CONTACT YOUR LOCAL HEALTH DEPARTMENT FOR INFORMATION ON WHAT ACTION TO TAKE. YOUR LOCAL HEALTH DEPARTMENT IS ALSO A SOURCE OF INFORMATION FOR WEST NILE VIRUS DEVELOPMENTS AND PREVENTION ACTIVITIES IN YOUR AREA. SEE WWW.CDC.GOV/NCIDOD/DVBID/WESTNILE/INDEX.HTM FOR ADDITIONAL INFORMATION ON WEST NILE VIRUS.

6. INTERNET RELEASE AUTHORIZED.

7. RADM JOYCE M. JOHNSON, DIRECTOR OF HEALTH AND SAFETY, SENDS.

FAMILY SUPPORT CENTER @ HICKAM AFB

Building 1105, 449-2494 or 449-6475

www.hickam.af.mil/FamSup

CONFLICT RESOLUTION, Oct 23, 9:00-11:00 am. Discover ways to minimize the likelihood of conflicts, how to communicate in difficult situations, and how to mediate disagreements between others. Turn negative confrontations into constructive experiences by attending today!

DEALING WITH DIFFICULT PEOPLE, Oct 2, 9:00-11:00 am. Life can be fun and challenging. For those challenging times, join us in learning how to bring out the best in people. Try it on family members, co-workers, or customers. This workshop is designed to identify several types of difficult behavior and give you formulas for changing attitudes.

DEPARTMENT OF VETERANS' AFFAIRS BENEFITS COUNSELING, Oct 8, By Appointment. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

FAMILY READINESS BRIEFING, Oct 7, 21, & 28, 1:00-2:00 pm. Create your own personal/family care plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, child care, and car care.

HOW TO APPLY FOR FEDERAL EMPLOYMENT, Oct 25, 2:00-4:00 pm. Gain information on the employment process, salaries, and benefits for federal employment. Learn how to interpret job announcements and whether you are eligible to apply. Attendees will be provided guidelines, information, samples, and tips on completing the electronic Resumix.

INTERVIEWING WITH CONFIDENCE, Oct 15, 9:00-11:00 am. Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

INVESTING MADE SIMPLE, Oct 16, 10:00-11:00 am. This class is designed for the person who is thinking about getting started in investing for the future. It will provide a solid overview of investing vehicles, such as mutual funds and stocks, and will address your risk tolerance. Learn about the different resources available which can help you build your financial future.

JOB SEARCH VIA THE INTERNET, Oct 24, 9:00-11:00 am. This class provides information on how to access computerized job banks, research companies, and other automated programs available at the Family Support Center. Special emphasis will be placed on utilizing technology to enhance your job search.

LOOKING FOR EMPLOYMENT IN HAWAII, Oct 1, 8:30-11:00 am & Oct 16, 12:00-2:30 pm. Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

MONEY MANAGEMENT, Oct 7, 3:00-4:00 pm & Oct 30, 1:00-2:00 pm. This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

NATIONWIDE SPECIAL AGENT RECRUITMENT--FBI, Oct 15, 12:00-1:30 pm. An FBI special agent, Mr. Kal Wong, will provide you with information on their 2002 recruitment for special agents nationwide. Requirements: Must have a 4-year college degree from an accredited institution and a strong resume with 2-3 years of professional, investigative, and managerial work experience. (23-36 years of age)

NEW TO HAWAII FINANCIAL BRIEFING, Oct 23, 1:00-2:00 pm. Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam

and will introduce you to the many services of the Personal Financial Management Program. Active duty members must register through their orderly room. All others, please call 449-2494.

PLAYMORNINGS, Tuesday-Friday Sessions, Oct 1-31, 9:00-11:00 am. Parents and children ages 0-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required.

RESUME WRITING I, Oct 17, 1:00-3:00 pm. The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market. Following this session, come back for Resume Writing II to have your resume critiqued.

RESUME WRITING II, Oct 24, 1:00-3:00 pm. You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume I, TAP Workshop, or equivalent training is required prior to attending this class.

SALARY/BENEFITS NEGOTIATION, Oct 17, 9:00-11:00 am. This class will teach you the basics about benefit packages and various techniques of negotiating your "Total Rewards Package."

SELF-ESTEEM: I MAKE A DIFFERENCE! Oct 30, 9:00-11:00 am. Achieve confidence, credibility, and composure. This workshop aims to help individuals identify and build their self-worth as well as recognize the positive differences they make in the lives of others.

SMOOTH MOVE, Oct 31, 9:00-11:00 am. Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come. This class primarily focuses on active duty PCS moves.

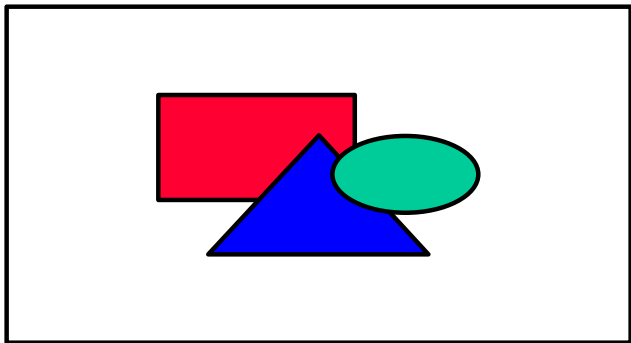
SPONSORSHIP TRAINING, Oct 3, 9:00-10:30 am. As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

THRIFT SAVINGS PLAN (TSP), Oct 2, 1:00-1:30 pm & Oct 15, 3:00-3:30 pm. Learn about this easy, long-term retirement savings plan for military members. We will provide an overview of the TSP and the five TSP funds you can contribute to.

TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP, Oct 8-10, 8:00 am-4:00 pm, Daily. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

VOLUNTEER ORIENTATION, Oct 3 & 17, 11:45 am-12:45 pm (American Red Cross, Bldg 1113). Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

WHAT TO EXPECT AFTER YOU'RE EXPECTING, Oct 16, 6:00-8:30 pm. Join us for an expectant parent's workshop on the emotional and financial aspects of having a baby. Discover normal newborn characteristics and gain some tips on how to care for your infant. All AF active duty families receive a layette (worth \$70) and a First Year Baby book.



Pearl Harbor, Serving the Hawaii Region

820 Willamette Street, Bldg. 193, Pearl Harbor, HI, 96860-5108

Phone: (808) 473-4222

NCTAMS PAC Satellite Office

500 Center Street, Bldg. 392, Wahiawa, HI, 96786-3050

Phone: (808) 653-0203

www.pearlharbor.navy.mil/ffsc

OCTOBER 2002 CLASS SCHEDULE

NO CHARGE FOR CLASSES. Open to all active duty, reserve, and retired personnel, family members, and DOD employees.

To register for FFSC classes, call (808) 473-4222 and press 1, or [Register Online](#). All classes are located at the Fleet and Family Support Center, Bldg. 193, Pearl Harbor, unless otherwise indicated.

EMPLOYMENT ASSISTANCE CLASSES	DATE	TIME	*LOCATION
ADULT COLLEGE AND VOCATIONAL SCHOOL FAIR	OCT 16	5:00 PM - 7:00 PM	
FEDERAL EMPLOYMENT	OCT 1	8:30 AM - 10:30 AM	
INTERVIEWING SKILLS	OCT 9	1:00 PM - 3:00 PM	NCTAMS PAC
INTERVIEWING SKILLS	OCT 22	5:00 PM - 7:00 PM	
JOB SEARCH VIA THE INTERNET	OCT 22	8:30 AM - 9:30 AM	
RESUME WRITING	OCT 8	1:00 PM - 3:00 PM	
UNDERSTANDING PERSONALITY TYPES IN CAREERS	OCT 23	8:30 AM - 11:30 AM	
FINANCIAL CLASSES	DATE	TIME	*LOCATION
CAR BUYING STRATEGIES	OCT 15	5:00 PM - 7:00 PM	
CHECKING ACCOUNT MANAGEMENT	OCT 31	1:00 PM - 2:30 PM	
COMMAND FINANCIAL SPECIALIST TRAINING (CFST) (I-V)	SEP 30 - OCT 4	7:30 AM - 4:00 PM	
MANAGING MONEY AND CREDIT	OCT 28	9:00 AM - 10:30 AM	
\$MILLIONS\$ DOLLAR SAILOR (I-II)	OCT 21-22	8:00 AM - 4:00 PM	
\$MILLIONS\$ DOLLAR SAILOR (I-II)	OCT 24-25	8:00 AM - 4:00 PM	NCTAMS PAC
PREPARING FOR THE HOLIDAYS FINANCIALLY	OCT 10	9:00 AM - 10:30 AM	NCTAMS PAC
PREPARING FOR THE HOLIDAYS FINANCIALLY	OCT 22	1:00 PM - 2:30 PM	
SAVINGS AND INVESTMENT BASICS	OCT 8	9:00 AM - 11:00 AM	
INFORMATION AND REFERRAL CLASSES	DATE	TIME	*LOCATION

FAMILY ADVOCACY SEMINAR FOR COMMAND LEADERSHIP	OCT 17	8:00 AM - 3:00 PM	PH COMMISSARY
FFSC DAY AT THE PEARL HARBOR COMMISSARY	OCT 17	10:00 AM - 11:30 AM	
FOOD STAMPS APPLICATION BRIEF	OCT 10	9:00 AM - 10:30 AM	

OMBUDSMAN CLASSES/MEETINGS	DATE	TIME	*LOCATION
COMNAVREG HAWAII OMBUDSMAN ASSEMBLY MEETING	OCT 17	6:30 PM - 8:30 PM	LOCKWOOD HALL
COMPATRECONFORPAC OMBUDSMAN ASSEMBLY MEETING	OCT 30	6:30 PM - 8:00 PM	JOHN FINNE BLDG
COMSUBPAC OMBUDSMAN ASSEMBLY MEETING	OCT 15	6:00 PM - 8:00 PM	LOCKWOOD HALL
OMBUDSMAN QUARTERLY ADVANCED TRAINING	OCT 8	6:00 PM - 8:30 PM	

PARENTING CLASSES	DATE	TIME	*LOCATION
DISCIPLINE AND YOUR SCHOOL AGE CHILD (AGES 6-10)	OCT 2	8:00 AM - 10:00 AM	NCTAMS PAC
LOVING DISCIPLINE OF YOUNG CHILDREN (AGES 0-5)	OCT 8	9:00 AM - 11:00 AM	
PARENT SUPPORT GROUP	OCT 22	11:00 AM - 1:00 PM	
PARENTS! CAN WE TALK? YOU BET WE CAN! FOR ADOLSECENTS/TEENS (AGES 11-17)	OCT 10	8:00 AM - 10:30 AM	
PARENTS AND THOSE WONDERFUL TEENS (AGES 13-17)	OCT 22	9:00 AM - 11:00 AM	

PERSONAL DEVELOPMENT CLASSES	DATE	TIME	*LOCATION
ADULTS MOLESTED AS CHILDREN	OCT 1, 8, 15, 22, 29	1:00 PM - 3:00 PM	NCTAMS PAC
ANGER MANAGEMENT	OCT 23	8:00 AM - 11:00 AM	
COUPLE COMMUNICATION	OCT 17	1:00 PM - 3:00 PM	
FORGIVENESS IS AN OPTION	OCT 7	8:00 AM - 11:00 AM	
NEW DIRECTIONS SUPPORT GROUP	OCT 3, 10, 17, 24, 31	3:00 PM - 4:45 PM	
SKILLS FOR MANAGING STRESS AND ANGER	OCT 16	8:00 AM - 10:00 AM	NCTAMS PAC
SKILLS FOR MANAGING STRESS AND ANGER	OCT 21	8:00 AM - 10:30 AM	
STRESS MANAGEMENT	OCT 9	8:00 AM - 11:00 AM	
UNDERSTANDING PERSONALITY TYPES IN PERSONAL RELATIONSHIPS	OCT 1	5:00 PM - 7:30 PM	

RELOCATION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
ALOHA TOUR	OCT 24	8:00 AM - 3:30 PM	
CHINATOWN WALKING TOUR	OCT 10	9:00 AM - 1:00 PM	
SMART MOVE	OCT 17	8:00 AM - 11:30 AM	
SPONSOR COORDINATOR TRAINING	OCT 31	8:30 AM - 10:30 AM	
SPONSOR TRAINING	OCT 3	1:00 PM - 3:00 PM	
WELCOME TO HAWAII	OCT 9	9:00 AM - 11:00 AM	

SEXUAL ASSAULT VICTIM INTERVENTION (SAVI)	DATE	TIME	*LOCATION
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CLASSES/MEETINGS

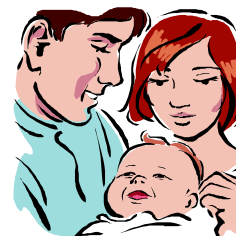
SAVI VICTIM ADVOCATE REFRESHER TRAINING	OCT 1	12:45 PM - 2:45 PM	
SAVI COMMAND REPRESENTATIVE TRAINING (I-III)	OCT 29-31	8:00 AM - 4:00 PM	
TRANSITION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
COMPANY RECRUITMENT: FEDERAL BUREAU OF INVESTIGATION (FBI)	OCT 18	10:30 AM - 12:30 PM	
CONSEP MID-CAREER WORKSHOP (I-IV)	OCT 29 - NOV 1	8:00 AM - 4:00 PM	
PRE-RETIREMENT/EXECUTIVE TRANSITION ASSISTANCE PROGRAM (E-TAP) SEMINAR (I-III)	OCT 1-3	8:00 AM - 4:00 PM	
PRE-SEPARATION/SEPARATION TRANSITION ASSISTANCE PROGRAM (STAP) SEMINAR (I-III)	OCT 8-10 OCT 22-24	8:00 AM - 4:00 PM	

U.S. Department Of Transportation
United States Coast Guard

Commanding Officer
USCG Integrated Support Command
Work-Life Center
400 Sand Island Parkway
Honolulu, HI 96819-4398

RAISING CHILDREN IN TROUBLED TIMES

FREE VIDEO BASED PARENTING SERIES @ RED HILL COMMUNITY CENTER
FACILITATED BY OWEN NORTON, FAMILY ADVOCACY SPECIALIST & MARY
MANSFIELD, FAMILY RESOURCE SPECIALIST



ATTEND ANY OR ALL SESSIONS

THURSDAY, OCTOBER 3, 1000-1100 A.M.

HOMEWORK (Establishing a disciplined homework routine)

THURSDAY, OCTOBER 17, 1000-1100 A.M.

CHORES (Getting children to do jobs around the house)

THURSDAY, OCTOBER 24, 1000-1100 A.M.

ARGUING (Preventing parent/child and sibling arguing)

THURSDAY, OCTOBER 31, 1000-1100 A.M.

FIGHTING (Establishing rules for behavior to stop fighting between children)

THURSDAY, NOVEMBER 7, 1000-1100 A.M.

LYING (Identify the reasons children lie)

THURSDAY, NOVEMBER 14, 1000-1100 A.M.

BEDTIME (Setting up and enforcing sleeping routines)

REGISTRATION NOT REQUIRED.

FOR MORE INFORMATION CALL 541- 1582 OR 541-1584.

2002 fall fest



When: Saturday, October 26, 2002 3:00 – 5:00 pm
Where: Red Hill Community Center
Who: Children (11 years old & younger) welcome
Attire: Costume

Bring your "goodie bag" & camera for a fun-filled afternoon of Face-Painting, Costume Parades, Games & Prizes, and Music. Sponsored by the CG Spouses' Association.

ASYMCA Super Sitter Course will be offered On October 8 from 9:00 am - 2:00pm and October 10 from 9:00am-3:30pm. The cost is \$35 (due one week prior to the class). Contact Armed Services YMCA @ 833-1185 to register.

A BIG MAHALO to the Spouses Club for their 4th Annual BACK/PACK SCHOOL SUPPLIES Project. It was a stupendous success, providing a great beginning for 46 families for the new school year. Lori Ulish, the Spouses Club Backpack Project Coordinator and her helpers did a great job!!